

**DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION  
JOB OPPORTUNITY  
FITNESS INSTRUCTOR (PER-DIEM)**

**PLEASE FOLLOW THE SPECIFIC APPLICATION FILING INSTRUCTIONS AT THE BOTTOM OF THIS PAGE!**

**Open To:** The Public  
**Location:** Meriden  
**Job Posting No's:** 89554  
**Hours:** Part-Time (per diem), schedule varies  
**Salary:** \*\$18.00 an hour with no benefits  
**Closing Date:** **Friday, January 18, 2013**

**\* New hires to state employment start at the minimum of the above hourly rate.**

In the Police Officer Standards and Training Council this class is responsible for conducting physical fitness training at a police or correctional training academy. The preferred candidate shall possess prior experience training adults and the ability to work early morning hours (ex. 5:00 a.m.).

**Eligibility Requirement:**

State employees currently holding the above title or those who have previously attained permanent status may apply for lateral transfer.

**Examples of duties but not limited to:**

Conducts training in overall fitness including flexibility, strength training, cardiovascular improvement, endurance, nutrition and physiology; demonstrates stretching exercises, proper use of free weights and strength training equipment, aerobic training techniques, long distance running, sprinting and various other exercise techniques; educates recruits in proper nutrition including discussing weight gain or loss within dieting plans; educates recruits in dealing with injuries, discomfort and sleep recovery; motivates recruits to adopt proper workout technique and attitude towards fitness both in large groups and individually; assists recruits with personal exercise logs and fitness programs; assists staff with fitness testing; performs related duties as required.

**Knowledge, Skills and Abilities:**

Considerable knowledge of the principles and practices of fitness training; knowledge of educational methods and techniques; considerable interpersonal skills; oral and written communication skills; considerable ability to perform fitness related activities; considerable ability to establish and maintain cooperative relationships with trainees, instructors and others contacted in the work.

**General Experience:**

Two (2) years experience training adults in fitness related fields or administering fitness related programs.

**Substitution Allowed:**

College training in a related field may be substituted for the General Experience on the basis of fifteen (15) credit hours equaling six (6) months employment to a maximum of one (1) year.

**Physical Requirement:**

Incumbents in this class must possess and maintain adequate physical strength and stamina to perform the duties of the class.

**Restriction:**

Permanent status cannot be attained while working in this classification.

**Note:** The filling of this position will be in accordance with reemployment, SEBAC, transfer, promotion and employment rules, if applicable.

**Application Instructions:**

Interested and qualified candidates who meet the above requirements should submit a cover letter, resume, CT-HR/12 (State Application) & CT-HR/13 (Addendum), and two (2) letters of professional references from current and/or previous supervisors. State employees must submit two most recent performance appraisals in lieu of references by **\*Friday, January 18, 2013, close of business** to:

**The Department of Emergency Services & Public Protection  
1111 Country Club Road, Middletown, CT 06457-9294  
Attn: Charlene S. Puska, Human Resources Specialist  
Fax: (860) 685 – 8356**

**\*Incomplete or late application packages will not be considered**

If faxing your packet; original to be mailed. Please note that due to the large volume of applications received, we are unable confirm receipt of applications.

Candidates who have been selected for employment with the Department of Emergency Services & Public Protection are subject to a detailed background investigation, including a criminal check, federal and reference checks. Selection for employment is contingent upon satisfactory completion of the background investigation.

**The State of Connecticut is an Affirmative Action/ Equal Employment Opportunity Employer**